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## Iowa State Daily (09-05-2012)

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SPORTS

UNI provides challenge to ISU

FLAVORS

Sugary drinks lay on calories



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INSIDE:



UHL RECOUNTS 2012 OLYMPIC MEMORIES

See story on page 7



UNPLUG ELECTRONICS TO UNWIND YOUR DAY

See story on page 4

ACTIVITIES:

Find showcase of organizations at ClubFest 2012

By Frances Myers  
Daily staff writer

The free student club and organization exhibition, ClubFest, will begin at 11 a.m. in the Great Hall of the Memorial Union.

According to the Student Activities Center website: “ClubFest is an opportunity for students to browse [the more than] 800 clubs and organizations to find out how to get involved on campus.”

From the more than 800 clubs and organizations on campus, approximately 250 will be at ClubFest with informational handouts and members present to try and recruit new members. Giveaways from many clubs will be handed out in an effort to highlight their organization and entice new members.

COURTS:

Abuse trial begins for Catholic priest accused of rape

PHILADELPHIA — The child sexual abuse trial of a Philadelphia Catholic priest and a parochial school teacher, both accused of raping the same altar boy in separate incidents, begins Tuesday.

The Rev. Charles Engelhardt, who was a priest at St. Jerome Parish in northeast Philadelphia, and Bernard Shero, a teacher at the parish’s school, have been charged with rape, indecent sexual assault and other charges in the assaults that occurred more than a decade ago.

The former altar boy, now in his 20’s, testified earlier this year during the landmark trial of two Philadelphia priests charged with child sexual abuse and conspiracy. It marked the first time a Catholic church leader — in this case, Monsignor William Lynn — has been convicted for covering up the crimes of offending priests.

— CNN wire staff

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Health



Sexually (pro)active

Thielen helps students stay safe with free condoms

By Leah Hansen  
@iowastatedaily.com

Fifty thousand condoms and counting have been given away by Iowa State’s Thielen Student Health Center so far in 2012 in the Condom Distribution program.

Thielen runs Free Condom Wednesday and Thursday. They also distribute condoms in the residence halls, some greek chapter houses and other departments around Iowa State.

“[The numbers] have only increased over the years,” said Rachel Pearson, junior in accounting. “We gave out 90,000 condoms [last year]. We only have 2012 recorded up though April, and we already have 50,000 condoms on record that we have given away.”

In 2003, Kerri Roesner, who worked in the Substance Abuse and Violence Prevention Office, brought back the idea for condom distribution from a conference she attended.

The Substance Abuse and Violence Prevention Office started and ran the program until they were unable to sustain it, so Roesner brought it to the staff at Thielen to ask if they

could continue it.

The Avoid the Stork campaign at the University of Iowa gave Iowa State 100,000 free condoms. That is when Thielen started to increase efforts to get condoms out to places other than the student health center.

Thielen currently puts on Free Condom Wednesday, which is located on the first floor of the Union Drive Community Center and Free Condom Thursday at the Memorial Union outside the bookstore, down the hall from the Food Court.

“As a student who helps put this together, I also benefit from it because it’s for everybody at Iowa State,” Pearson said. “It shows that the health center cares about us, and they want us to be safe and healthy. It’s the most effective way to help all the students here at Iowa State have a good experience all the way through their college years.”

The Thielen Student Health Center Prevention Services stresses the importance of safe sexual behavior. “It’s an effective strategy for the prevention of [sexually transmitted infections] and unintended pregnancy. So it’s one of the most effective things we can do, with our population of college students, for sexual health,” said Lauri Dusselier, program coordinator of the Thielen Student Health Center.

Free Condom Wednesday and Free Condom Thursday offer condoms, dental dams and various lubricants for students and staff. Nonlatex condoms are available upon request at the Thielen Prevention Services desk. Students are welcome to approach the booth and take what they want.

“As someone who sits at the booth, it’s usually pretty busy,” Pearson said. “People walk by, and they come up and take what they need. People are very receptive to it. They like having it around.”

Condoms are bought through providers who sell in bulk amounts. We buy [condoms] in bulk at bulk prices,” Pearson said. “We just recently switched [brands]: We used to buy Durex because they had a nonprofit price, and [Thielen is] a nonprofit organization, but they recently got rid of that pricing level so we switched to Trojan brand condoms.”

The Health Fee all students pay every semester  
**CONDOMS.p3 >>**

Photo Courtesy of ThinkStock

Election

‘Cyclones for Vilsack’ rallies support

Campus group stands for politician’s ideals

By Meryl Onnen  
@iowastatedaily.com

Along with all of the political events going that have been happening on campus lately, there is a group that would like to inform spread the word about one specific election: the Congressional race between Steve King, current U.S. representative, and Christie Vilsack, former First Lady of Iowa.

Cyclones for Vilsack is a group that started this summer by Maddy Becker, senior in political science, and aims solely to promote Vilsack’s campaign to be election to the House of Representatives.

When asked why she decided to start this group, Becker said she interned for the campaign during the summer and really wanted to spread Vilsack’s message to other students.

The group began when Becker started contacting people from high school and people in her political science courses at Iowa State to see if she could start getting people to join her cause.

After having a small group meeting, they made a page on Facebook called, “Cyclones for Vilsack.” As of



Photo: Jack Heintz/ Iowa State Daily

Yard signs and absentee ballots are ready and prepared for the Cyclones for Vilsack campaign. Christie Vilsack is running for Congress against current Rep. Steve King.

Tuesday, it had 65 total people in the group and continues to grow.

When asked how many members have been attending their meetings, Becker and group treasurer Spencer Hughes, junior in speech communications, both said: “The group is still

growing,” and “More people are always welcome to join.”

When asked why students should support Vilsack in her campaign against King, both Becker and Hughes said it boils down to her simply being more supportive of education

and trying to make education more affordable.

“She wants to preserve Iowa’s Pell Grant system to make people without income for college able to go. Steve King would like to cut this,” Hughes said. “She also wants to make sure we get to keep our student loan re-payment plan the same and have the ability for people going into public service to get loans forgiven.”

Becker added to this, saying: “King would like to change the rules for this. King has just never represented a district with a college in it, and therefore doesn’t really know how to represent the students’ needs well. Whereas [Vilsack] cares about our lives not only in college but how successful we will be afterward.”

Iowa is one of only two states in the country that has never had a congresswoman; Becker and Hughes believe that needs to change.

Meetings for Cyclones for Vilsack are at 6:30 to 8 p.m. Thursdays in the 0060 Hixon-Lied Student Success Center.

This Thursday, the group would like to have a debate party where they will listen to a debate over the two candidates and provide refreshments for the attendees.

Their goal is to eventually get Vilsack on campus to speak to Iowa State’s students.



# Weather

Provided by weather.gov



WED  
56|80

A 20 percent chance of showers and thunderstorms before 1 p.m.



THURS  
58|79

Sunny, with a high near 80.



FRI  
51|72

Chance of showers and thunderstorms. Mostly cloudy, with a high near 72.

fact!

This day in 1983:  
Severe hail and wind storms produced significant damage across portions of northern and western Iowa on Sept. 5 to 6. The worst damage was reported in Pocahontas County and also in Mills and Montgomery counties where hail as large as baseballs fell and a wind gust of 92 mph was measured in Red Oak.

# Calendar

Find out what’s going on, and share your event with the rest of campus on our website, at [iowastatedaily.com](http://iowastatedaily.com).

## Wednesday

**ClubFest**  
**When:** 11 a.m. to 4 p.m.  
**What:** Discover over 800 clubs and student organizations you could get involved with on campus. Open to all ISU students.  
**Where:** Great Hall, Memorial Union

## Thursday

**Cyclone Cinema:** “Snow White and the Huntsman”  
**When:** 7 p.m.  
**What:** Student Union Board will present “Snow White and the Huntsman.” Student Union Board will show movies at 7 and 10 p.m. every Thursday, Friday, Saturday and Sunday.  
**Where:** 101 Carver Hall

# National News

Notes and events.

**Pentagon: SEAL’s book has classified info, didn’t follow protocol**  
WASHINGTON – A Pentagon official said Tuesday that a former Navy SEAL who helped kill Osama bin Laden included classified material in his new book and did not follow protocol for pre-publication review. Also, on the same day the much-anticipated memoir hit book shelves, CNN obtained a copy of message written by the SEALs commander to members of his unit. In it, Rear Adm. Sean Pybus, head of the Naval Special Warfare Command, said he was “disappointed, embarrassed and concerned” that troops are now openly speaking and writing about their secret work. “We do NOT advertise the nature of our work, NOR do we seek recognition for our actions.” The emphasis is the admiral’s. Pre-orders put “No Easy Day: The Firsthand Account of the Mission That Killed Osama Bin Laden” at No. 1 on Amazon’s bestseller list for two weeks. But the Pentagon was not as eager to see the release of the book.

Pentagon press secretary George Little told reporters that officials believe the book contains sensitive and classified material. The Pentagon’s determination, to a large extent, centers around several instances where author Matt Bissonnette, writing under the pen name “Mark Owen,” describes how SEAL units are organized, trained and operate, said a U.S. official, rather than solely on specifics of the bin Laden mission, which are largely known. Describing the instances in a very broad sense, the official

said, “does this compromise national security today, probably not, but do we talk about this stuff, no.” The official declined to be identified because of the sensitive nature of the information. Last week, the Pentagon’s general counsel threatened legal action against the man who wrote the revealing book. In a letter addressed to “Mark Owen,” General Counsel Jeh Charles Johnson alleged the writer violated secrecy agreements and broke federal law. — CNN wire staff

# Police Blotter:

Ames, ISU Police Departments

The information in the log comes from the ISU and City of Ames police departments’ records. All those accused of violating the law are innocent until proven guilty in a court of law.

## Sept. 1

**Tyler Hemphill**, 21, 3297 Edge Water, Ankeny, was arrested and charged with public intoxication (reported at 2:40 a.m.).  
**Wiejung Kim**, 22, 1735 S. 16th St., Unit 103, was arrested and charged with public intoxication (reported at 2:24 a.m.).  
**Elizabeth Li**, 22, 1119 14th St., Manson, was arrested and charged with public intoxication (reported at 12:35 a.m.).  
**Christopher Long**, 28, 4622 Twain St., was arrested and charged with public consumption (reported at 2:05 a.m.).  
**Jessica Ritts**, 22, 1119 14th St., Manson, was arrested and charged with public intoxication (reported at 1:05 a.m.).  
**Colleen Smith**, 49, 1212 Scott, was arrested and charged with theft (reported at 1:15 p.m.).  
**Matthew Sobotka**, 20, 4701 Steinbeck, Unit 20, was arrested and charged with operating while intoxicated (reported at 1:26 a.m.).  
**Sept. 2**  
**Abdullah Almajib**, 21, 217 Welch, Unit 406, was arrested and charged with assault on a peace officer and public intoxication (reported at 4:02 a.m.).  
**Alexander Gjengdahl**, 24, 762

Seminole Ave., St. Paul, was arrested and charged with public intoxication (reported at 1:06 a.m.).  
**David Jones**, 22, 3553 Dubuque St., Norwalk, was arrested and charged with interference with official acts and public consumption (reported at 3:23 a.m.).  
**Nathan Stienstra**, 27, 113 7th St. N. E., Apt. 6B, Orange City, was arrested and charged with burglary and public consumption (reported at 2:55 a.m.).  
**Tim Nkereuwem**, 29, 4136 E. Madison St., Des Moines, was arrested and charged with public consumption (reported at 2:03 a.m.).  
**Kurt Wilims**, 24, 209 S. Fifth St., Unit 4, was arrested and charged with public intoxication (reported at 12:48 a.m.).  
**Joshua Fitzgerald**, 20, of Maynard, was cited for underage possession of alcohol at Hayward Avenue and Storm Street (reported at 12:09 a.m.).  
**Sierra Philipp**, 19, 2114 Frederiksen Court, was cited for underage possession of alcohol at Little Street and Welch Avenue (reported at 1:05 a.m.).  
A 19-year-old female was referred to DOT officials for a .02 civil violation at Lincoln Way and University Boulevard (reported at 12:27 a.m.).

Officers assisted a resident who had consumed too much alcohol at Martin Hall (reported at 1:16 a.m.).  
**Jonathan Henderson**, 18, 2401 Wilson Hall, was arrested and charged with public intoxication at Lied Recreation Center (reported at 1:33 a.m.).  
**Ivan Gonzalez**, 23, of Columbus Junction, was arrested and charged with operating while intoxicated (second offense) at Hayward Avenue and Storm Street (reported at 2:09 a.m.).  
A vehicle driven by **Jer Pin Chong** collided with an access gate arm at Osborn Drive (reported at 7:38 a.m.).  
Officers were asked to check the welfare of a student at the Armory (reported at 11:52 a.m.).  
**Simeng Liu**, 21, 145 N. Hyland Ave., Unit 18., was arrested and charged with driving under suspension at Lincoln Way and University Boulevard. He was subsequently released on citation (reported at 11:03 p.m.).

## Sept. 3

**Garrett Sager**, 22, 215 S. Miles St., Fremont, was arrested and charged with domestic abuse and child endangerment (reported at 12:18 a.m.).  
**Trey Lewis**, 18, of Des Moines, was cited for underage possession of alcohol at Ash Avenue and Sunset Drive (reported at 12:58 a.m.).

**Jordy Berger**, 21, 155 Campus Ave., was arrested and charged with public intoxication at the 200 block of Welch Avenue (reported at 1:17 a.m.).  
**Michaela Beyers**, 19, 1471 Helser Hall, was cited for underage possession of alcohol at Knapp Street and Lynn Avenue (reported at 1:34 a.m.).  
**Ryanne Konno**, 18, 926 Hayward Ave., was arrested and charged with public intoxication at Hayward Avenue and Little Street (reported at 1:44 a.m.).  
**Andrew Klett**, 19, Altoona, was arrested and charged with possession of controlled substance at Little Street and Hayward Avenue (reported at 3:24 a.m.).  
Vehicles driven by **Kuntal Manna** and **William Lai** were involved in a property damage collision at Bruner Drive (reported at 12:38 p.m.).  
Officers were asked to check the welfare of a resident at Barton Hall (reported at 3:32 a.m.).  
Vehicles driven by **Kuntal Manna** and **Hayden Mitchell** were involved in a property damage collision at 13th Street and Haber Road (reported at 5:44 p.m.).

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w/ Ballyhoo! (Reggae/Ska/Rock)

Students \$12\*, Public \$15\*

THURSDAY, SEPTEMBER 13 • 8 PM

JENNIFER HALL

(Pop/Jazz/Soul)

Students \$5\*, Public \$7\*

FRIDAY, SEPTEMBER 14 • 9 PM

NAIA KETE

w/ LADYSOAL (Reggae/Soul/Jazz)

Free \$8\*, Public \$10\*

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www.m-shop.com



Traditions

# ROTC takes Cy-Hawk game ball and runs

By Robert.Hein  
@iowastatedaily.com

What started out as a fundraiser in 1982 continues today as a tradition, with more to it than meets the eye. This Friday, the day before the Cyclone football team plays the Hawkeyes, the Army Reserve Officers' Training Corps Game Ball Run will take place.

The ISU Army ROTC program will run the game ball, presented to its members by head football coach Paul Rhoads, to Tama and hand the ball off to the Iowa Army ROTC program. The Iowa Army ROTC program will then run the ball to the University of Iowa campus.

Before handing the ball off, the cadets from both schools will enjoy a grill-out in Tama together. The ISU cadets will then visit the Iowa Veterans Home in Marshalltown, before returning to campus.

The Game Ball Run began in 1982 as a fundraiser for multiple sclerosis.

In 2005, the fundraiser ended, but the Army ROTC program still continues the tradition of the Game Ball Run today.

"The Game Ball Run is a way for ISU Army ROTC to interact with the U of I Army ROTC, as well as to get media coverage and show we are active outside of campus," said Ethan Subra, senior in journalism and mass communication and press relations officer for the ISU Army ROTC.

Of those in the ISU Army ROTC program, 35 cadets will be running the ball through Colo, State Center, Marshalltown and Tama. These cadets were chosen based on their 2-mile time in the Army Physical Fitness Test. The cadets said there is a sense of pride involved in being chosen to run.

"It makes you proud of yourself," said Trevor Thein, senior in criminal justice and sociology and cadet captain and officer in charge. Thein also wanted to "let [the underclassmen cadets] be proud of what they are doing for not only themselves but their country as well."

To begin the day Friday, the entire Cyclone Battalion will be running roughly 2.5 miles through Ames. Following that, the 35 cadets who were chosen to run with the game ball will drive to Colo and run a short distance there. They will then proceed to drive to State Center, Marshalltown and Tama, running a short distance in each town. They will meet the Iowa Army ROTC unit in Tama.

Following the hand off, the ISU cadets will visit the Iowa Veterans Home.

"[The veterans] get to see the people following in their footsteps," Thein said.

The cadets will talk and share stories with the veterans.

"We are bridging a gap between generations," Subra said.

The cadets stay at the hospital for roughly an hour before returning home.

Thein, who participated in the



Photo: Randi Reeder/Iowa State Daily  
**Coach Paul Rhoads signs the Cy-Hawk game ball, which will be ran to Tama by Iowa State's Army ROTC and then to Iowa City by Iowa's Army ROTC.**

run last year and planned the run this year, is excited to pass on the experience to the younger Army ROTC members. He shared his enthusiasm for seeing the cadets show that they are joining part of the armed forces and helping them interact with the community.

The cadets will also be presenting the game ball this Saturday in Iowa City.

After brushing up on their cadences and participating in physical training every Monday and Friday, the cadets from the Army ROTC program at Iowa State are ready to run.

Memorial Union

## Forums continue in search for associate director

By Elizabeth.Polsdofer  
@iowastatedaily.com

The search for the new associate director of the Memorial Union is on.

In the final forum of a three part series, Corey Williamson, the associate director of programs of the Joe Crowley Student Union at the University of Nevada, Reno, visited the Memorial Union to discuss why he is the best fit for job.

"Part of it is the role of the position, it's very influential in the building of the community on campus," Williamson said. "I take a lot of pride in taking care of a facility and all of the things that come along with this role and position."

Rebecca Dee, program assistant at the Memorial Union,

is a part of the team that is working to find the new associate director as the human resource representative for the Memorial Union.

"We have a search committee for each position that we have," Dee said. "I am a non-voting member and am glad to direct the search committee in regards to what the director shall want for this position."

The details of what is desired in the new associate director is up for discussion during the forums. Forums are a tool used to inform all members of the ISU community so input can be given on what they desire in the positions that need to be filled.

Williamson talked with the forum on Tuesday, Sept. 4. Prior to the forum, Williamson said he was looking forward to

talking with members of the ISU community.

"It will be interesting to see [the forum]. I'm not sure what the layout is, but I'm anticipating there will be plenty of questions," Williamson said. "I look forward to getting the feel of what the expectations will be."

Williamson said he is looking forward to returning to the Midwest. Williamson admitted the geographic location was a part of the appeal in taking a position at Iowa State.

"I love the Midwest; I'm originally from Kansas. I love the green, the outside, you know, all that," Williamson said. "Right now, I'm in Reno, and it's pretty brown."

If made the associate director of the Memorial Union, Williamson said he hopes to impact student life and add to

### Meet the candidates

Mark Rozanski

- He has served as the assistant director of the University Center at the University of Tennessee
- Rozanski's forum was last Wednesday

Brian Stillman

- He has been recently the assistant director for the Division of Recreational Sports at the University of

Texas, Austin

- Stillman's forum was last Thursday

Corey Williamson

- Associate Director, Joe Crowley Student Union, University of Nevada, Reno
- Williamson's forum is 2:30 to 3:30 p.m. this Friday
- Gallery Room, Memorial Union

the spirit that Iowa State imparts in its students and staff.

"I take a lot of pride in helping students and my support for students. I appreciate what I've learned about the ISU cul-

ture," Williamson said. "ISU has a lot traditions, and they take a lot of pride in being ISU; that's something that's unique here and I look forward to possibly being a part of that."

>>>CONDOMS.p1

mester goes toward funding programs at Thielen. "Ultimately, it's student fees through Thielen [that pays for the condoms]," Dusselier said.

"Thielen is funded by student fees and fees for medical services. Student fees fund Thielen Student Health and then [some of the money] comes to this program."

Thielen is currently working on getting Free Condom Wednesday and Thursday up and running this semester.

They hope to have their first day, Wednesday, Sept. 19. The booths are open from 10 a.m. until 2 p.m.

"Wednesdays are the most fun because all the freshman go to the [Union Drive Community Center] and are always like: 'Oh my gosh, condoms!'" Pearson said.

#MoreHomeGames #MoreTeamSpirit #MoreRivalries #MoreFoamFingers  
#MoreFacePaint #MoreTraditions #MoreWinsThanLosses

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Editorial

# GSB failing to represent students

The Government of the Student Body’s mission, according to its web-site, is “to strengthen students’ voices and enhance students’ experiences at Iowa State University through active representation, engagement and support.”

So far this year, the legislative component of GSB has failed to deliver on that mission. So far this year, no senator has proposed or debated anything of substance at either of the two meetings this semester.

By this time last year, five bills had been proposed, with one of those bills already being passed.

With those facts, it becomes hard to answer the question: What are the members of GSB doing for the students they were elected to represent? But as difficult as it may be to answer that question, with those facts, the asking is imperative.

Now, we fully admit that the dearth of legislation after a three-month summer rest, which senators could have used to bounce ideas off one another, could be due to a variety of factors

First, it could mean no student has any issues with the university, nor do any clubs or organizations need funding. However, with more than 31,000 students and 800 clubs, the chances of that reasoning being true is unlikely.

Second, the lack of legislation could be the result of GSB senators not effectively interacting with their constituents.

If senators are not communicating with their constituents effectively, their constituents may not know they can change something about the university or request funding for their clubs through proposing a bill.

This point leads into the final reason behind the lack of legislation proposals: Students may not know how they can utilize GSB to its fullest potential.

If students are unaware of how GSB can help them and their peers, they are much less likely to seek out their senators. Taking a step back, some students may not even know and/or care who their senators are or that GSB even exists.

GSB members should take part of the blame for not teaching their constituents how they can, as senators, help their constituents. However, students should also take responsibility for educating themselves on what GSB is and how it can help them.

If the members of GSB want to be part of a robust organization, they must be robust.

Power exists only when it is exercised, and GSB is not some court that dispenses patronage and money when asked to do so.

Making a difference requires activity driven by an ambition to serve, not by waiting and seeing.

Editorial Board

Katherine Klingseis, editor-in-chief  
Michael Belding, opinion editor  
Mackenzie Nading, assistant opinion editor for online  
Randi Reeder, daily columnist

Feedback policy:

The Daily encourages discussion but does not guarantee its publication. We reserve the right to edit or reject any letter or online feedback.

Send your letters to letters@iowastatedaily.com. Letters must include the name(s), phone number(s), majors and/or group affiliation(s) and year in school of the author(s). Phone numbers and addresses will not be published.

Online feedback may be used if first name and last name, major and year in school are included in the post. Feedback posted online is eligible for print in the Iowa State Daily.

Politics



Photo courtesy of Flickr/JanneM

Lawmakers should adjust their policies to the issues they are confronted with, much like educators must adjust their teaching styles to cater to different types of learners.

# Educators and legislators

## Teaching, lawmaking have much in common

Education and learning closely resemble politics. Each requires an inquisitive, problem-solving mind; and each is a relatively organic process.

Put a bunch of people in a room, get them talking to one another, and the ties that bind them will emerge into view. Set a master’s student to work on his or her thesis, and the subject might change a dozen times. As the student does research, the right subject and argument will crystallize, falling neatly into the student’s lap.

One of my summer projects this year was to read Shelby Foote’s three-volume history “The Civil War: A Narrative.” The first of Foote’s three volumes begins with the story of Sen. Jefferson Davis’s departure from the Senate and his return to his home state of Mississippi. Foote wrote that Davis “had been for compromise so long as he believed compromise was possible. ... ‘The argument is exhausted,’ [he] declared. ‘All hope of relief in the Union ... is extinguished.’”

In 1861, the argument was indeed exhausted, by decades of tension and wrangling between states North and South, ever since the Constitutional Convention in 1787 began postponing decisions on slavery and state vs. federal power for the sake of establishing a competent national government.

Unfortunately, we live now in a hyperpartisan political culture much like the one that preceded the Civil War. Filibusters are up in the past decades, numbering 54 per Congress between 2007 and 2010, 30 per Congress from 1993-2006 and 27 per Congress from 1987-92. After the number of party-line votes in the House of Representatives and Senate decreased overall during President Bill Clinton’s terms, it rose again during George W. Bush’s tenure. Party-line votes in the House peaked at 62 percent of all votes in 2007 and decreased



By Michael Belding  
@iowastatedaily.com

by 2010 to 40 percent of all votes. In the Senate, however, what is supposed to be a more august, temperate body, party-line votes have spiked from 51 percent of all votes in 2007 to 79 percent of all votes in 2010.

Even though the present political landscape of the United States is polarized into hyper-partisanship, the argument is not exhausted. We do not approach civil war. We are not about to wage a war against ourselves that lasts four years, kills more than 600,000 of us and devastates entire states.

How could they be exhausted, being made solely by employing the worn out, tired clichés of years, decades, and generations in the distant past?

Republicans and Democrats alike refuse to make the compromises that would allow the swift passage and execution of policy, each claiming that our situation is too dire to risk implementing the wrong solution. Measures that come to mind include President Barack Obama’s American Recovery and Reinvestment Act of 2009 (the stimulus package that cost some \$787 billion), the Patient Protection and Affordable Care Act (Obamacare), repeated debt ceiling crises, and the filibustering of normally routine judicial nominations in the Senate. Naturally, each party believes itself to be the sole bearer of both eternal and immediate truth.

If we truly need to be absolutely certain that a legislative proposition is the right one for a problem, then we — not one party, one PAC or one politician — need to be absolutely certain. That collective, consensus certainty comes

from back-and-forth expressions of thought. It comes from teaching. Unfortunately, we are loath now to participate in just such a give-and-take.

There are 81 educators in Congress who ought to know better.

A student is not a student who does not learn from his or her teachers, and a teacher is not a teacher who does not learn from his or her students. Their relationship is symbiotic; they feed off each other like a binary star system.

A student who doesn’t understand how to do his math homework, for example, will learn nothing if he junks his work and does it again the exact same way. (One popular definition of “insanity” is repeatedly doing the same thing and expecting different results.) Nor will the student learn if the teacher simply repeats himself, no matter how loudly or slowly he speaks.

As long as the student is willing to learn, the burden lies with the teacher to adapt to the student’s needs. At least, that is what I learned a year ago when I helped my step-brother with his algebra homework. I discovered firsthand that until his teacher used some new way of explaining the lesson that made sense to him, he would never learn, much less understand. And you know what? I learned a few things for myself. On the GRE I took at that time, the math section was my best score.

A good educator is like a good tailor — his methods, like the cut of the tailor’s cloth, will fit snugly the individuality of the student. Lawmaking isn’t like making baseball caps. One size does not fit all.

The same way teachers should tailor themselves to their students, politicians should tailor themselves to the specific, contemporary issues and facts confronting them. In the legislative process, it is legislators’ job to discover what their constituents and their peers need.

Michael Belding is a graduate student in history from Story City, Iowa.

Technology

# Unplug electronics to unwind

I was sitting under a tree on Central Campus the other afternoon, pretending to study and watching people go about their day. Something started to bother me, and I couldn’t put my finger on it until a girl slammed into a young man walking in the opposite direction. Everyone was on their phone, toying with their iPod or tapping away on a laptop.

To be clear, this day was picturesque. The epitome of Iowa State’s beauty was taking place and only a select few were truly witnessing it. Disgusted by this realization, I slammed my textbook shut, determined to soak in as much beauty as humanly possible.

When I got home that day I noticed something radical: It was 8 p.m., and I wasn’t stressed. This has led me to postulate college students around the globe need to spend some time “unplugged.” There is no question that technology has tremendous benefits to the college student. I can’t imagine writing a research paper without Google or catching up with my sister through text. However, your mind needs a chance to breathe.

Material for class, text message conversations, social media sites,

By Ana Goeser  
@iowastatedaily.com

music, and TV shows — students are swamped with information on a daily basis. By taking a break from technological noise you get a chance to gain perspective on your life. Give yourself the opportunity to view beauty, listen to nature, or enjoy each sip of your latte.

Furthermore, while the mind to breathe, communication skills need to develop. Reading your textbook and doing your assignments is crucial to college success, but what about networking? More specifically, how can you successfully network if you only communicate via text or Facebook?

I was walking home from class and a high school peer, whom I barely talked to back in the day, stopped and had a conversation with me. As I walked away, I thought to myself: “He’ll be successful in business because he makes people feel important.” By being one of few “unplugged” students, he was able to have an authentic conversation and leave a good impression on me.

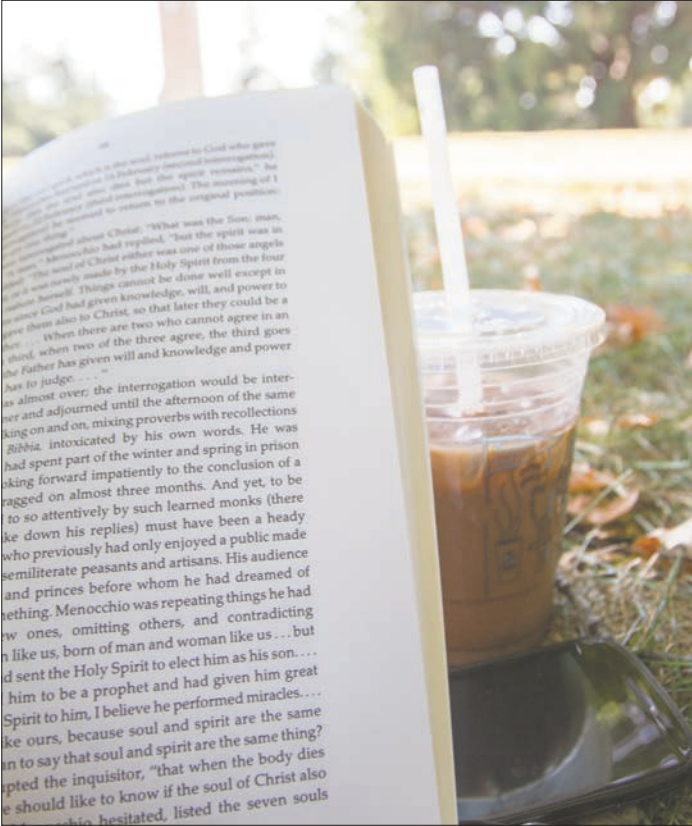


Photo illustration: Megan Wolff/Iowa State Daily

By taking time to disconnect from electronic devices, students can find themselves more relaxed and able to better communicate with each other and themselves.



Guest column

# Multicultural groups form identities

Rep. Steve King recently claimed the promotion of multiculturalism will bring about the demise of the country as we know it. Speaking to supporters, King conjured up a supposed deep and sinister plot to ensnare impressionable first-year college students into campus multicultural groups for the purpose of turning them into victims, which will convince them to work toward the eventual overthrow of the social power structure.

King talked about preparing for a debate at Iowa State on multiculturalism. He checked out the university's website: "I typed in 'multicultural,'" he said, "and it came back to me, at the time, 59 different multicultural groups listed to operate on campus at Iowa State. ... And most of them were victims' groups, victimology, people who feel sorry for themselves."

He warned that these groups are "out there recruiting our young people to be part of the group who are feeling sorry for themselves. ... But just think of 59 card tables set up across the parking lot on the way to the dorm ... And the first group says, 'Well, you're a victim that fits us. We want to help you. Why don't you join us?' ... And then you're brought into a group that has a grievance against society rather than understand there's a tremendous blessing in this society."

During high school and college, young people experience their greatest time frame of identity development in which they strive to answer the questions: Who am I now? Who was I before? Who will I become? High school, college and university campuses provide students the space to explore issues of personal and social identity, along with academic subject areas.

Rather than resisting multiculturalism, we need to embrace diversity. According to the National Association for Multicultural Education: "Multicultural education is a philosophical concept built on the ideals of freedom, justice, equality, equity and human dignity as acknowledged in...the U.S. Declaration of Independence, constitutions of South Africa and the United States, and...by the United Nations. It affirms our need to prepare student[s] for their responsibilities in an inter-



File Photo: Iowa State Daily

**Puerto Rican students dance during International Night on Nov. 11, 2011, at the Great Hall of the Memorial Union. The event celebrates diversity and ethnicity on campus. The United States is itself a diverse place, which provides many opportunities as well as many challenges.**

dependent world."

By the late 1960s, communities of color, some white ethnic groups, and women in a new wave of the feminist movement reacted against this "ruthless Americanization" process and the "melting pot" and demanded rather the creation of a "patchwork quilt" or "salad bowl" in which each group — while joining other groups — would retain its unique cultural identities.

Later joined by LGBT people, advocates for youth and the elderly, people with disabilities, working class people, people of numerous faiths, and free thinkers, a push was underway to "decenter" the standard school curriculum and teach from multiple perspectives. The

multicultural movement was founded on the principle that multiple perspectives must be represented in order to ensure a well-rounded education for all students, and to aid in the identity development process so essential to young people.

The Jewish immigrant and sociologist of Polish and Latvian heritage, Horace Kallen, coined the term "cultural pluralism" to challenge the image of the so-called "melting pot," which he considered undemocratic. Kallen envisioned a United States in the image of a great symphony orchestra, not sounding in unison (the "melting pot"), but rather, one in which all the disparate cultures play in harmony and

retain their unique and distinctive tones and timbres.

Today, the United States stands as the most culturally, ethnically, racially, linguistically and religiously diverse country in the world. This diversity poses great challenges and great opportunities. I would advise King the way we meet these challenges will determine whether we remain on the abyss of our history or whether we achieve our promise of becoming a shining beacon to the world.

**Warren J. Blumenfeld** is an associate professor in the school of education.

## Letter to the Editor

# Choose what you want to disclose or conceal

In the article titled "Privacy vs. Transparency" (online: "What makes a secret so shameful?") Claire Yetley appears to present an argument that perceived "secrets" should not be part of public discourse. Quite frankly, I struggled to understand the point of the article. Yetley begins the article by quoting a definition for "secrets" from Merriam-Webster as "something we keep hidden or concealed from others," and then subsequently redefines it as "something not discussed completely openly by everyone in everyday life." She goes on to argue these sorts of issues should be forsaken in place of issues that affect all of us. She even goes as far as to say,

regarding religious issues: "When did religion become okay to talk about outside of church?"

Firstly, it goes without saying that discourse about religion is included in the first amendment of the U.S. Constitution. Essentially, the answer to Yetley's question is December 15, 1791, when the Bill of Rights was adopted. She questions whether two members of a "popular Protestant church in the area" understood the significance of their actions in openly studying biblical stories in a coffee shop, and then asks if anyone else notices the significance.

To be honest, I am not sure what Yetley was trying to get at by

asking this question. My response to her question, though, would be that these two Christians probably didn't understand the significance of their actions. They probably weren't even thinking they were exercising their right to freely practice their religion, which doesn't exist in many countries. Hearing these two people "studying biblical stories religiously" caused Yetley to question whether they "would feel as comfortable speaking in public if they were not followers of a religion so popular in America or with such a prominent presence in this area." Again, Yetley seems to have forgotten America is a country founded on the understand-

ing that people have the right to exercise their religious beliefs freely.

With regards to Christianity, followers of Jesus have, and to this day continue to willingly suffer persecution and even death for their belief. One such example is the apostle Paul. In Acts 14, it records an account of Jews from Antioch and Iconium and their unsuccessful attempt to stone Paul to death. Paul's response is to get back up and continue in ministry. Even today, people like Iranian pastor Yousef Nadarkhani, who is awaiting the execution of a death sentence for apostasy, have willingly subjected themselves to persecution and potential martyrdom for their

faith in Christ.

Yetley proposes that issues such as personal finances, health and religion ought to be matters absent from public discourse. As an active member of a church community, I contend that people ought to have the freedom to choose which issues they want to be public and which issues should remain private. However, I also stand in agreement with the U.S. Constitution and its guarantee of individual freedoms of speech, religion and so forth.

**Casey Dague** is a junior in computer engineering and Spanish.

### >>TECHNOLOGY.p4

On the flip side, because I was "unplugged," I was able to forge a deeper connection with someone I wouldn't on a regular basis. Great communication skills and mini-mind-vacations aside, unplug in the name of adventure.

You can spend your college life on electronic devices or you can go experience it. People would be happier if they went swing dancing or sky diving instead of watching "The Bachelor." Would you rather teach your granddaughter to dance or inform her that Emily was "The Bachelorette" in 2012? Iowa State has so much to offer. Put yourself in the middle of the fun and take pictures while doing it.

Finally, technology is annoying. I know it is an achievement for civilization, but I miss the old-fashioned days (that I never lived in). "Wanna go on a date ;)" text messages somehow pale in comparison to a written love letter delivered to front doorsteps.

People are running into each other on campus because their phones have blinded them, for goodness' sake.

Our generation can type at tremendous speeds, and our thumbs are agile; but our eyes strain against computer screens, and we judge people's feelings based on emoticons. Social media sites take the mystery out of people's lives. Not only do I know when Dick and Jane start dating, but I know when things are getting complicated — and that Jane is buying a soda because she tweeted about it.

"Unplugging" isn't idealistic or old-fashioned, and I promise it won't kill you to refrain from tweeting for a day. In fact, I bet a lot of students would be surprised by the peace they can find by sitting under a tree on Central Campus.

**Ana Goeser** is an sophomore in elementary education from Norwalk, Iowa.

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## Nutrition



# Hidden calories in sugary drinks

By Caitlyn Diimig  
*AmesEats Flavors writer*

The “freshman 15” is a real thing — if you drink a pop every day. Regardless of whether you’re a freshman or a senior, that pop you consume every day as part of your meal bundle is helping you gain 14 pounds every year. If you drink more than three cans of soda a day, you’ll gain 1 pound a week, according to the Academy of Nutrition and Dietetics. Don’t forget to add up all the mixed drinks you had this weekend, too.

The average soda has about 140 calories. Drinking 32 ounces of soda, an easy task if you have multiple servings a day, adds up to 104 grams of sugar — the same as 26 teaspoons, according to the academy.

To help yourself from over-consuming these sugar-laden drinks, take note of when you drink them and why. A common reason a person grabs a soda is he or she is either stressed or bored. If you’re feeling stressed or bored, grab a water and go for a quick 15-minute walk.

The academy also recommends not buying soda or sugary drinks in the first place. If they’re not in your kitchen, you’ll be less tempted to drink them.



Terri Boylston, associate professor of food science and human nutrition, advises students to check the ingredient list for added sugars. She said common ingredients that are added sugars are honey, high fructose corn syrup, molasses, maltose and, of course, sugar. She said it’s important to check the ingredient list, because although the nutrition panel may show a serving of juice contains several grams of sugar,

many fruits have naturally-occurring sugars and aren’t as unhealthy as the added sugars.

To help you realize your sugar consumption, we’ve come up with a list of common drinks on campus that are loaded with sugar — more than you probably realize. Just one 8-ounce Red Bull contains 27 grams of sugar; that’s the same amount of sugar in three chocolate chip cookies.

## Sweetened beverage equivalents

- 1 chocolate chip cookie = 9 grams of sugar
- G2 Gatorade, 12 ounces = 21 grams of sugar, or 2 1/3 cookies
- Red Bull, 8 ounces = 27 grams of sugar, or 3 cookies
- Cranberry juice cocktail, 12 ounces = 45 grams of sugar, or 4 cookies
- Coca-Cola, 16 ounces = 52 grams of sugar, or 5 1/3 cookies
- Medium caramel cooler = 87 grams of sugar, or 9 2/3 cookies

## Alternatives

# Quench your aching thirst without added sweeteners

By Lauren Grant  
*AmesEats Flavors writer*

Are you thirsty for a light, refreshing drink but do not want all the added sugars, calories and artificial ingredients? Then try these delightfully sweet drinks.

### Flavored waters

It doesn’t take much to tune up a glass of ice water. These ideas are simple and take nearly no time to prepare. Simply add the following to ice-cold water:

- Freshly squeezed lemon, lime, orange or grapefruit juice
- Mashed berries, such as raspberries and strawberries
- Finely chopped mint leaves
- Thin slices of cucumber

- Your favorite melon (we like watermelon)
- 100-percent cranberry juice — avoid anything that says “cocktail”

### Iced teas

- Add mashed mint leaves to brewed fruit-flavored iced tea
- Combine brewed herbal tea, pomegranate juice and lemon wedges

### Sparkling water

- Combine sugar-free sparkling water with pureed fruit and ice (mango, peaches or any berry)

## Quick bites

High fructose corn syrup has gotten a bad rap and many have pinpointed it as the cause for obesity. The American Dietetic Association (now the Academy of Nutrition and Dietetics) stated that “high fructose corn syrup and sucrose produce similar effects on human metabolic responses.” High fructose corn syrup is no worse for you than common table sugar is. Both contain the same number of calories and once in the bloodstream are “indistinguishable.” Obesity cannot be blamed on high fructose corn syrup, but rather diets high in calories and any kind of added sugars. The American Medical Association recommends consuming no more than 32 grams of added sugars a day.



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## FOOTBALL:



File photo: Iowa State Daily

Big 12 names  
Van Der Kamp  
as 'Player  
of the Week'

Punter Kirby Van Der Kamp has been named Big 12 special teams Player of the Week for his performance in Iowa State's 38-23 win against Tulsa on Saturday.

Van Der Kamp, a true junior, downed five of his nine punts inside the 15-yard line, forcing the Golden Hurricane to begin their drives at the 2-, 8-, 9-, 13- and 15-yard lines.

On the day, Van Der Kamp's punts averaged 43 yards, which currently ranks fifth in the Big 12.

— Daily Staff

## NFL:

Isaac's  
fantasy  
football  
cornerBy Isaac Hunt  
Daily staff writer

## Week 1 tip

Even professionals and "gurus" do not know what will unfold this season so set your lineup how you want and enjoy the game.

## En fuego

Robert Griffin may not get his first victory, but look for him to take a lot of snaps against the depleted defense of the Saints, which was 30th against the pass in 2011.

## Heated

LeSean McCoy gets carries as the Eagles go up early against the Browns and Andy Reid protects his injury-prone QB.

## Chilled

The Titans' D/ST and Chris Johnson face the high-powered offensive attack of Tom Brady and the Patriots. The Titans play from behind and use the passing game against the lackluster Patriots' pass defense.

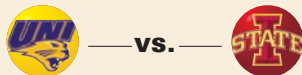
## Frigid

Broncos Receivers — Peyton Manning is no Tim Tebow. The Steel Curtain goes up in Denver as Pittsburgh's first-ranked passing defense from a year ago takes advantage of Manning's outdoor struggles at Mile High.

## Week 1 random fact

The Bengals' starting RB BenJarvus Green-Ellis has 510 career NFL carries and zero fumbles.

## TODAY'S EVENT:

Volleyball  
UNI vs. ISU6:30 p.m. Wednesday  
Hilton Coliseum

## SPORTS JARGON:

## Nickel

## SPORT:

Football

## DEFINITION:

A defensive scheme that incorporates five defensive backs to better cover spread offenses and the passing game

## USE:

Deon Broomfield is the key player in Iowa State's nickel scheme.

## Track and field

## Uhl's Olympic experience

Looking back on memories,  
making plans for the futureBy Stephen Koenigsfeld  
@iowastatedaily.com

"Surreal."

Former Cyclone Lisa (Koll) Uhl said if she had to describe the 2012 London Olympics, she would have to stick to just that one word.

However, she put it into more context than it being "just surreal." There was more to it for her.

"It was a very big test of patience," Uhl said. "It's kind of crazy with all of the security and all the red tape, and a lot of times something you think will take an hour will take four hours."

Uhl said she was able to follow through with her testament of patience and kept the buildup of excitement contained for race day.

Other than what Uhl said was the unanimous feeling of competing and being one of the most elite athletes in your field, everyone had their "other favorite" part.

"For me it was the opening ceremonies. I ended up with a great spot, right next to the Olympic torch," Uhl said. "So when they lit the torch, you could literally feel the heat of the flames."

Iowa State was represented by three track and field athletes — two alumni of the university and one current student-athlete. Uhl was the first to represent the university, as well as the United States, in the 10,000-meter run, where she would go on to place 13th with a time of 31:12, a personal best.

Uhl said she thinks she definitely has a shot at the 2016 Olympics in Rio de Janeiro four years down the road.

"I'm 24 [years old] right now, and I'm pretty young as far as female distance runners go," Uhl said. "Most female distance runners peak in their early 30s, so I have a couple left in me, hopefully."

## ISU roots

Corey Ihmels coached Uhl while she was at Iowa State. Ihmels said Uhl filled more than just one role on the cross-country and track teams.

"When I took over the women's [team], we weren't very good," Ihmels said. "She was the bright spot in maybe a not-so-bright program."

Ihmels said Uhl was more of a leader by doing. "She wasn't outspoken, and she did a good job of buying into what we were doing as a program and buying into training and kept getting better and better," Ihmels said.

The women on the cross-country and track and field teams are now benefitting from the work and leadership Uhl laid out for them.

Ihmels said she set the standard of "If she can be really good, why can't I?"

Ihmels also coached both Ian Warner and Guor Marial, one a current student-athlete and the other an alum of the university, respectively.

The "proud dad" feeling came over Ihmels, he said, after seeing all three of the runners competing at the highest level.

## 'Lisa time'

Coming off a personal best in the 10K, Uhl said she had registered for another road race within the next week. But after thinking it over, Uhl thought it would be best to take some time off.

"I was going to do a road race on Labor Day, and in New Haven I was going to do a quick 20K, but honestly, I had a hard time coming off the Olympics," Uhl said. "It's so emotionally and mentally draining. There's kind of this post-Olympic depression that people talk about."

Uhl said she struggled to get back into training after coming back to the United States. She has decided to go off the grid for a while and enjoy vacation time.

Doing everything she cannot do while she is running is what Uhl said she would be up to until fall rolls around.

"I'm taking a lot of little vacations," Uhl said. "I'm going to go home for a little bit; my husband and I booked a room out on the coast next week, so I'm going to go hang out on the Oregon coast for a couple days. ... And do some outdoor stuff I'm too tired to do when I'm training. Just forget about being a runner for a while and be a normal person for a little bit."

Once fall does come back around, Uhl said she will get back into training with mileage and then indoor track when that season comes back.

Uhl said the Olympics were a life-changing event, and something she will never forget.

"It was crazy to think I was one of those people," Uhl said. "[It] just didn't feel real. But to put the whole experience into one word, it would be surreal."

## While at Iowa State

Lisa Uhl, formerly Lisa Koll, graduated from Iowa State in 2010. One of the most popular and famous athletes to go through the ISU track and field program, Uhl was a four-time NCAA champion and has many records to show for it.

## 2007

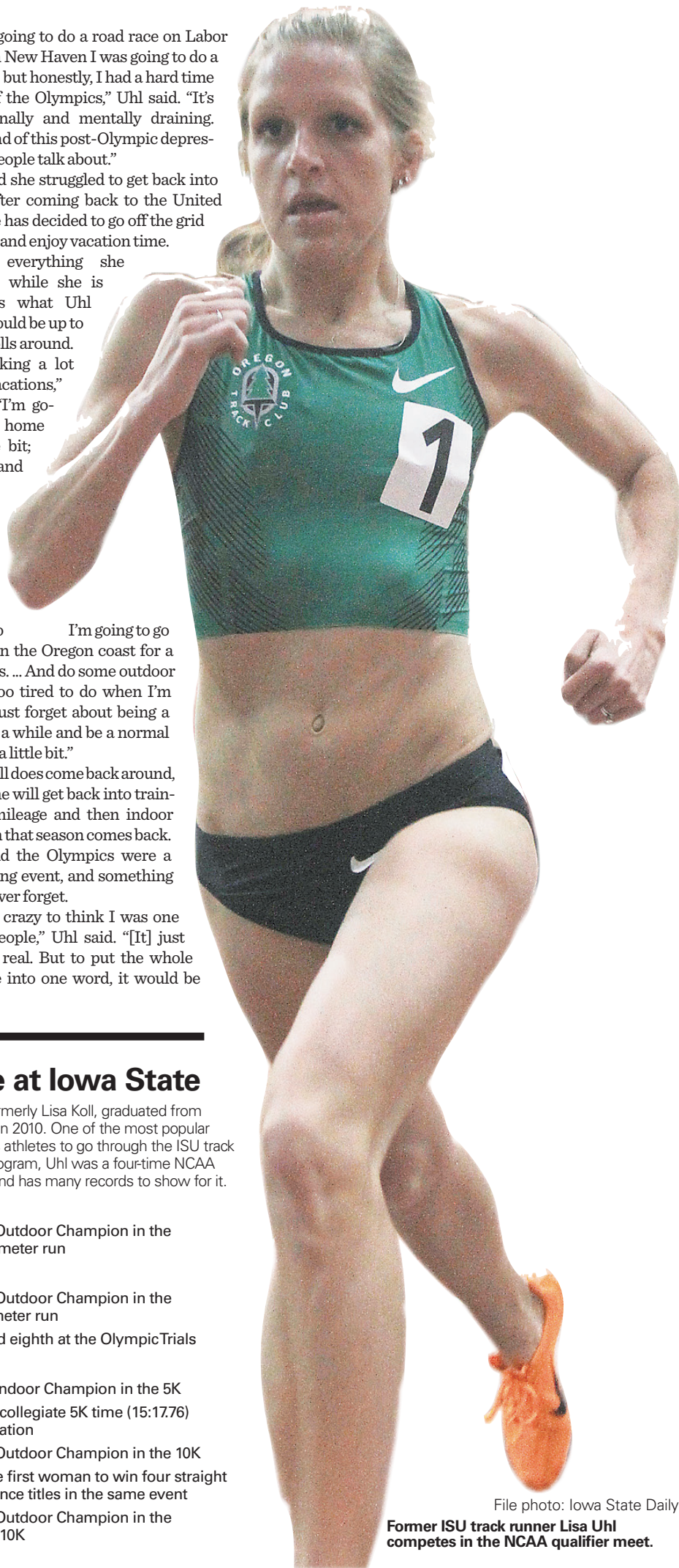
- Big 12 Outdoor Champion in the 10,000-meter run

## 2008

- NCAA Outdoor Champion in the 5,000-meter run
- Finished eighth at the Olympic Trials

## 2010

- NCAA Indoor Champion in the 5K
- Fastest collegiate 5K time (15:17.76) in the nation
- Big 12 Outdoor Champion in the 10K
- Became first woman to win four straight conference titles in the same event
- NCAA Outdoor Champion in the 5K and 10K



File photo: Iowa State Daily

Former ISU track runner Lisa Uhl competes in the NCAA qualifier meet.

## Volleyball

## UNI provides challenge for ISU

By Dylan Montz  
@iowastatedaily.com

After splitting matches with No. 20 Illinois in Champaign, Ill., the No. 18 ISU volleyball team will return to Ames for its home debut facing in-state rival No. 25 Northern Iowa.

Christy Johnson-Lynch, ISU volleyball coach, said she expects a tough opponent to come into Hilton Coliseum on Wednesday night to face the Cyclones (2-3, 0-0 Big12).

With an active setter, great middles, great passing and ball handling, Johnson-Lynch said the Panthers (4-2, 0-0 Missouri Valley) will be a challenge.

"UNI is going to be another huge match for us," Johnson-Lynch said. "[We] are very much looking forward to playing at home finally. The thing about UNI is that some teams come into Hilton, and you have already won half the battle. They are intimidated, and it is hard for them to play here. UNI always seems to play well in our gym, so I'm anticipating another great match

on Wednesday night."

Junior libero Kristen Hahn said she, as well as the rest of the team, is very anxious to take the court against the rival Panthers after they were swept 3-0 against them in 2011 in Cedar Falls.

"I know it's always just been kind of back and forth," Hahn said of the competitiveness of the two teams. "Last year we got swept there, and we swept them my freshman year at home in Ames, so it's always kind of back and forth. I know a lot of girls on the UNI team, and it's always just a big rivalry."

Sophomore Victoria Hurtt said being able to play Northern Iowa at home will be a nice change of pace after being on the road since the beginning of the season. And with it being an in-state matchup, it adds a little bit more.

"They are just really motivating," Hurtt said. "They are always really loud for us, so that's always great and makes us play better."

Hahn said Northern Iowa provides many challenges — one of which is how quick its offense is run.

"I think they are very quick in the middle, and their coach is very smart," Hahn said. "Last year I think she kept the ball away from me a lot. That will be huge if she chooses to do that again — to make sure that everyone is prepared to play defense and not just funnel it my way the whole time."

Bobbi Petersen, UNI coach now in her 13th year, has accumulated a record of 322-78 as coach of the Panthers, as well as claiming five Missouri Valley Conference regular season titles. Johnson-Lynch said her style of recruiting and coaching works very well for the UNI program.

"She takes great athletes and turns them into great volleyball players," Johnson-Lynch said. "I think she knows what they are about. She gets the athletes they know they can get, and that they know they can train. They are a little unorthodox and always a little hard to play and prepare for, because they usually have an active setter."

The match against the Panthers will begin at 6:30 p.m. Wednesday night at Hilton Coliseum.



File photo: Iowa State Daily

Defensive specialist Kristen Hahn serves the ball to Miami during the second round of the NCAA Volleyball Championship.



Analysis




Photo: Huiling Wu/  
Iowa State Daily  
**Defensive back Deon Broomfield carries the ball during the game Saturday against Tulsa at Jack Trice Stadium.**

The ISU football team's 38-23 win against Tulsa on Saturday showed something thought to be only a myth for the longest time: The defense was stopping the run.

Take away Trey Watts' 77-yard run at the beginning of the fourth quarter, and the ISU defense held the Golden Hurricane to 83 yards rushing. Yes, 83 yards rushing.

Last season the defense held only two opponents — Texas Tech and Oklahoma State — to less than 100 yards rushing. Both of those teams, mind you, were pass-heavy teams in the first place, so those feats are not as noteworthy.

The ISU defense has been switching between two schemes — its base defense of Jeremiah George taking the place as the third linebacker opposite Jake Knott and A.J. Klein, and its nickel defense with Deon Broomfield playing as a hybrid linebacker/defen-

  
**By Jake Calhoun**  
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sive back ("hy-backer") for passing situations.

With George's athleticism and Broomfield's hitting ability that makes his 196-pound frame akin to that of a 220-pound linebacker, the balance of run-stopping and pass-stopping schemes reduces the uncertainty that comes with inconsistency that has plagued the unit in the past.

"They're two playmakers," said linebacker Jake Knott of George and Broomfield. "Bottom line: Those guys make plays. They're fast. They're physical. When you've got two guys like that that are rotating in, you want to get your best guys on the field, and

they're two of the best."

In five of the team's 13 games last season, the defense allowed more rushing yards than passing, which is quite alarming considering the national average of passing yards per game is 50 yards more than that of rushing.

George's presence at Mike linebacker — which moves Klein to Sam — for base defense is the perfect answer to this seemingly continuing problem.

Last Saturday George tallied five of his six total tackles stopping the run, using his athleticism to hunt down the ball carrier to make stops.

"Any predicament where you think they're going to run the ball, or even if it's a short pass, Jeremiah's going to be in there," Broomfield said. "He's going to be our biggest guy who's going to get the job done when we need him to get the job done."

Broomfield, on the other hand, fills the role as the

Cyclones' "hy-backer," incorporating his hitting ability in the fashion of a linebacker, while maintaining the coverage skills of a defensive back.

I hesitate to refer to Broomfield as a nickelback — partly because it's also the name of an awful Canadian band — because defensive coordinator Wally Burnham said the hy-backer has more of a linebacker feel to it, which Broomfield plays perfectly.

"Deon Broomfield: He can do some things that I can't do, and he allows for us to play different coverages," George said. "I have no problem with it. He knows his role, I know my role — I'm more of a run-stopper, and he has the ability to interrupt passes."

While their roles are well-established, George's athleticism in covering receivers and Broomfield's ability to move up in the box make this system more dynamic than it was last year when Matt Taufo'u filled the void as Mike line-

Broomfield's first interception

Deon Broomfield notched his first-career interception late in the fourth quarter against Tulsa on Saturday, returning it 51 yards to set up a five-yard touchdown run by Shontrelle Johnson to put the icing on the cake.

"When I first caught it, I didn't know if I should take a knee or not because in practice, we always take a knee in two-minute situations," Broomfield said. "I think Jeremiah grabbed me and was like, 'Come on, let's run,' so I was like, 'All right.' Next thing you know, I just tried to hit the sideline as fast as I could."

backer in base.

"What we can do out of base, out of nickel defense, it's pretty good," George said. "We're going to keep tweaking it, we're going to keep adjusting and keep making plays out of it."

Defense

- Rushing — 160 yards allowed (63rd nationally among FBS teams), 34 attempts, 1 touchdown allowed (Ja'Terian Douglas, 2:31 left in first quarter)
  - Passing — 198 yards allowed (48th), 46.9 opposing completion percentage, 2 touchdowns allowed (Cody Green to Thomas Roberson, 0:14 left in first; Green to Keyarris Garrett, 9:12 left in fourth)
  - Big play allowed: Trey Watts — 77-yard run in fourth quarter
- Individual**
- Deon Broomfield — 7 tackles (6 solo, 1 asst.), 1 INT (51-yard return)
  - Jeremiah George — 6 tackles (4 solo, 2 asst.)

**Jake Calhoun** is a senior in journalism from Urbandale, Iowa.



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# Fun & Games

Unplug, decompress and relax ...

## Fun Facts

In 1983, a tiny fleck of paint off an earlier spacecraft hit the windshield of the orbiting space shuttle Challenger at 20,000 mph, causing a crater to form in its windshield.

The “@” sign was very close to being eliminated from the standard keyboard until 1971, when Ray Tomlinson wrote it into the code used to send the first email.

Contrary to popular belief, a camel’s hump does not store water. Instead, it’s filled with fat, which allows the animal to go for a month without food. If the hump becomes depleted, it will shrink, flop over, and hang at the camel’s side.

Descartes was attracted to cross-eyed women.

Cats cannot taste sugar. They do not have sweet taste buds.

Divorce is legal in every nation in the world except in the Philippines and in Vatican City.

While it’s probably the best-known waterfall in North America, Niagara Falls is only the 23rd highest on the continent.

In contrast to his exotic look and mannerisms, Andy Warhol was born and raised not in Europe, but in Pittsburgh, Pennsylvania.

## Crossword

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20									21					
					22			23	24	25				
26	27	28	29				30							
31						32					33	34	35	
36					37	38					39			
40					41						42			
					43					44	45			
	46	47							48					
49								50			51	52	53	54
55						56	57	58						
59						60					61			
62						63					64			

**Across**

1 Home to the Ibsen Museum  
5 Online auction payment, say  
10 Animation  
14 Part of a Clue guess  
15 Salsa holder  
16 Political pal  
17 \*Saw  
19 1997 Peter Fonda role  
20 Like some stadiums  
21 Drove (on)  
22 \*Head  
26 Like prison windows  
30 Doesn't mention  
31 Toe the line  
32 Peach pit  
33 Close, as a windbreaker  
36 \*Come  
40 Glamour VIPs  
41 Denmark's \_\_\_ Islands  
42 Suffix with tip or trick  
43 Erin of "Happy Days"  
44 Mathematician Pascal

46 \*Board  
49 Decree  
50 Tummy soother  
55 One in a four-part harmony  
56 \*Do  
59 Gubernatorial turndown  
60 Cassette half  
61 Prefix missing from the starred clues  
62 Composer Satie  
63 \_\_\_ once in a while  
64 Like Broadway's Yankees

**Down**

1 Inexact words  
2 Gazpacho, e.g.  
3 Easy run  
4 Hint of things to come  
5 Begrudged  
6 Meaningful pile of stones  
7 Bldg. coolers  
8 "Steady as \_\_\_ goes"  
9 Mason's tray

**Tuesday's solution**

P	C	B		O	W	N	U	P		S	P	L	A	T
S	H	A		T	H	E	S	E		E	R	O	D	E
Y	A	Z		B	O	A	S	T		D	E	V	O	N
C	L	A	S	S	T	R	U	G	G	L	E			
H	E	A	L				L	I	E	A	B	E	D	
S	T	R	I	N	G		B	E	A	N		T	I	V
				D	E	M	U	R			H	E	R	E
S	P	A		B	A	S	E	P	A		D	R	E	
T	O	P	P	S			C	L	I	P	S			
A	L	P	O		N	A	T	U	R	E	W	A	L	K
R	O	L	L	B	A	R					A	G	E	E
				I	L	L	S	E	C	O	N	D	T	H
P	I	Q	U	E		N	U	T	S	O		A	N	T
A	C	U	T	E		A	L	T	E	R		S	T	L
C	H	E	E	P		S	T	O	C	K		T	O	E



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September 7th



September 8th



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## Sudoku *by the Mephram Group*

			1					
5	6		4		8			9
		3		9				4
	9				5		4	7
		7						
6	4		7				5	
1				2		8		
			6		4		7	3
					9			

LEVEL: 1 2 3 4

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit [www.sudoku.org.uk](http://www.sudoku.org.uk)

**Wednesday's Solution**

5	9	1	7	6	8	3	2	4
6	7	8	4	2	3	5	9	1
2	3	4	9	5	1	8	6	7
3	8	6	2	7	9	1	4	5
1	5	9	3	8	4	6	7	2
7	4	2	5	1	6	9	8	3
9	1	7	6	4	5	2	3	8
8	2	3	1	9	7	4	5	6
4	6	5	8	3	2	7	1	9

## Horoscope *by Linda C. Black*

**Today's Birthday**  
(09/05/12)  
This year is perfect to clear out clutter and focus on fundamentals. Your creativity and influence grow at work, and so does your bank account with careful planning. A research quest arises around October and could involve siblings or cousins. To get the advantage, check the day's rating: 10 is the easiest day, 0 the most challenging.

**Aries**  
(March 21-April 19)  
**Today is a 5**-- Your actions speak louder than words, especially now. It may require more concentration and effort, but it's worth it. You'll get more for your money. Stash away savings.

**Taurus**  
(April 20-May 20)  
**Today is a 7**-- Patience helps getting things done. It's easier to motivate and inspire. Love finds a way. Failures can accelerate growth faster than successes; they illustrate the road to avoid.

**Gemini**  
(May 21-June 20)  
**Today is a 5**-- Knowing what you want and expressing it clearly is a plus. If at first you don't succeed, try again later. Apply what you have learned. It

will be easier the second time.

**Cancer**  
(June 21-July 22)  
**Today is a 6**-- When in trouble, use the pen, not the sword, to be mightier. Calculate risks. You have more abundance than you realize. Put your subconscious to work on it.

**Leo**  
(July 23-Aug. 22)  
**Today is a 6**-- Get into the competition to win, but don't be attached to results. In the end you'll have a great story and hopefully have a blast. Write it down.

**Virgo**  
(Aug. 23-Sept. 22)  
**Today is a 6**-- Find the perfect thing in your own closets or by networking. Then step out of your comfort zone and go for it. Show others what you're capable of.

**Libra**  
(Sept. 23-Oct. 22)  
**Today is a 5**-- Other people may melt down emotionally. Don't put up a fight. Listening is most important now. Take it easy and don't touch your savings. You see the light.

**Scorpio**  
(Oct. 23-Nov. 21)  
**Today is a 6**-- Quick thinking solves a household problem. Friends make the connection.


Your holdings are gaining value. Revise plans, and get your finances in line. Gather info to reap rewards.

**Sagittarius**  
(Nov. 22-Dec. 21)  
**Today is a 5**-- Solve a puzzle at home. Improve household communications with a new tool to get the word out. Think fast, and work faster. Postpone a decision to savor a moment.


**Capricorn**  
(Dec. 22-Jan. 19)  
**Today is a 7**-- Everything seems possible. Talk it over. Some things may have to be left behind. Success is your reward. Increase your family's comfort. Discuss; don't argue. You're gaining wisdom.

**Aquarius**  
(Jan. 20-Feb. 18)  
**Today is a 7**-- More work is required. Learn from your competition and a trusted partner. Decide what to spend and what to save. Give your word and follow through.

**Pisces**  
(Feb. 19-March 20)  
**Today is a 6**-- Discuss a work project with an expert for a solution to an annoying problem. Invest in educational material you'll use at home. Expand your influence. You are triumphant.



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